



Peter Appel: Opening the Frozen Torso



Peter is a yoga teacher, dance facilitator, mental trainer, writer and the founder of Movingness. Be guided through the principal ideas behind Movingness with some frozen torso walking practices filmed in the serene Finnish forest.

TOP EMBODIMENT TIP: Make embodiment your life.

Three Revolutions: Understanding our History

- Discover the importance of what happened in the “**monkey body**”, when we left the middle of the food chain and became hunters with the discoveries of fire and tools.
- In the “**monkey mind**” revolution we developed languages and started mixing reality with stories, like religion.
- Finally, the “**monkey tribe**” phase brought us the agricultural revolution which later brought us things like the tax system, slavery and wars.

Monkey Life: How is Life After the Three Revolutions?

- Our foundation still includes the fear based nervous system of the monkey body combined with the power of being on top of the food chain; our shaky foundation is based on **fear and power**.
- This shows up as increased amounts of **stress and anxiety** in daily life and it's why we sometimes seem to crave more of it by reading shocking news stories, watching a horror film and maintaining a highly competitive society.
- We separated the hands for doing, head for thinking, legs for transport and torso for... nothing? This leads to the **frozen torso**. We started to emphasize the mind over the body!

The Action Plan: Learn to Understand and Befriend the Monkey in You and Turn Weakness into Strength.

- We can use our sensitive nervous system to deeply understand ourselves and the world.
- We can use our imagination to create other types of visions and stories.
- And from there, we can build more harmonious structures in our communities and cultures!
- In practice, learn about **the 3-step plan: 1) Stop**, slow down, 2) **Connect**, feel and 3) **Move**.
- Often we don't pay enough attention to the way we walk. For some, the frozen torso and stiffness is a normality. Peter will gently guide you through different ways of movement while walking to see how it feels to **open up the body**.

Resources:

- ❖ Website: www.movingness.com



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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